

## New Jersey School Lunch Program Race to Good Nutrition

A collaborative project of New Jersey Department of Agriculture Bureau of Child Nutrition

&

Department of Nutritional Sciences Rutgers University

## Table of Contents

Acknowledgements  NJ Team Nutrition – Who we are Our two major initiatives		iii
		v
NJ Race to G	J Race to Good Nutrition Race Overview Introduction to the NJ Race to Good Nutrition	
The Race	Why Racing? Race Rules	2
	How children win by "fueling up with 5" Race Prizes Educational aides to reinforce lessons	4
	Race Venue	5
	Race Fans Parent education and participation materials	6
	Officiating the Race	7
	Teacher's overview of the Race NJ Core Curriculum Content Standards The Food Guide Pyramid Book	8 9
	Pre-Race Week	27
	Race Week #1 – Pyramid Power	41
	Race Week #2 – Groove in the Grain Lane	63
	Race Week #3 – Take the Fruit Loop	89
	Race Week #4 – Veg Up! with Vegetables	113
	Race Week #5 – Protein Pit Stop	135
	Race Week #6 – Dairy Drive	151
Ordering Additional Race Prizes Poster Order Form		173 174

174